



Clyde F. Wilson, PhD

The Power and Science of Nutrition: Separating Facts from Fads

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Clyde Wilson, PhD, teaches “Food Facts, Fads and Pharmacology” in the medical schools of Stanford University and UCSF, as well as several courses in the Stanford Department of Athletics. He received his PhD in chemistry from Stanford. His system of addressing individual nutritional needs for weight loss, health and performance is based on comprehensive use of the reported science. Dr. Clyde is the author of several books and a popular blog, and is a highly sought-after speaker and consultant. This year, he also teaches an engaging Wellness class as part of the Menlo Freshman Seminar. More information about Dr. Clyde may be found at <http://www.drclydewilson.com>.

On the principle of Fueling Muscle not Fat:

- What we eat literally determines where it goes. We want to fuel muscle not fat. The calories from vegetables and unsaturated fats *open* the nutrient doors to active tissues, leaving fewer calories for fat. The doors to muscle fueling can get shut down by unhealthy food. This fat fueling at the expense of muscle is called “insulin resistance” or a pre-diabetic state.
- Metabolism is the amount of energy (calories) your body burns to maintain itself. It is important to raise your metabolism by opening the doors to get more calories into lean tissue (muscle), which gives us more energy.

On the principle of What, When, Water:

- The most important protocol regarding nutrition: What, When, Water
- What to eat: The Fantastic 4, the “fueling muscle not fat” food groups:
 1. Protein: Low in saturated fat
 2. Produce: Fruits & Veggies
 3. Unsaturated fat
 4. Starch: Pulses (beans, peas, lentils), whole grain
- When to eat: Eat and hydrate evenly throughout the day. Our tissues cannot store sufficient amounts of protein, carbohydrate or water for longer than 6 hours. Overeating at any one meal just increases body fat. Key meal times to consider are breakfast, mid-day, and early dinner.
- There are no bad foods, only foods that can make us feel bad. Think about how your body responds to food. The body can handle plenty of less healthy food as long as healthy food is included in the diet. An example of caloric pacing: eat that Snickers Bar, but cut it in thirds, and eat 1/3 every 20 minutes.